

**AMENDMENTS TO THE SPECIFICATION:**

**Please add Abstract of Disclosure as follows:**

**Abstract of the Disclosure**

An insert for use in a beverage preparation machine of a type comprising a brew head suitable for receiving a rigid or semi-rigid cartridge. The brew head comprises an upwardly directed inlet for supplying water to the brew head and a downwardly directed outlet for outflow of beverage produced by the machine, the insert comprises an upper part, a lower part and sealing means, the upper and lower parts being moveable between an open configuration in which a quantity of beverage ingredients may be loaded into the insert and a closed configuration in which the upper and lower parts are sealed together by the sealing means to define therebetween a brewing volume containing, in use, the quantity of beverage ingredients, the lower part passes upwardly through the inlet of the insert into the brewing volume and such that beverage produced from the water and the quantity of beverage ingredients passes downwardly through the outlet of the insert to flow out of the outlet of the brew head.